



Testimonial on the work of Kanzen for Life

At NHS Tayside Charitable Foundation, our vision is to help the people of Tayside live better and longer lives. We are proud to support Kanzen for Life and the vital work they do across generations to improve health and wellbeing within our communities.

Their innovative and inclusive approach, particularly through the project we are funding in Stobswell, is already making a meaningful impact - bringing people together promoting healthier lifestyles and strengthening community connections.

We see Kanzen for Life as a valuable partner in delivering our vision and we encourage other organisations to join us in supporting their work. By investing in projects like this, we can all contribute to a healthier, more resilient Tayside.

Shelley McCarthy

Charity Chief Officer